

## **Questionnaire:(Group - 14)**

### **MCQs:**

- 1) Do you prepare an app to make healthcare, diet plans?**
  - a) Yes
  - b) No
  
- 2) What kind do diet plans do you prefer?**
  - a) Personalized
  - b) General
  - c) Weight gain
  - d) Weight loss
  
- 3) What's your primary goal using a healthcare app?**
  - a) Weight gain
  - b) Weight loss
  - c) Improve overall health
  - d) Manage a medical condition
  
- 4) Do you have any dietary restrictions?**
  - a) Vegan
  - b) Gluten free
  - c) Keto
  - d) Lactose free
  
- 5) How often do you workout?**
  - a) 1-2 times
  - b) 4-5 times
  - c) Everyday
  - d) Never
  
- 6) What kind of workout do you prefer?**
  - a) Home Workout
  - b) Gym Workout
  - c) Yogo
  - d) Cardio
  
- 7) Are you comfortable to share personalized details like photo, body measurements, height or weight?**
  - a) Yes
  - b) No
  
- 8) Is it hard to follow the plans / daily tasks of these apps,why?**
  - a) Yes, due to lack of time management

- b) Yes, due to lack of distractions
- c) Yes, due to less interactive UI
- d) No

**9) Do you prefer a diet plan with pre-prepared recipes or flexible meal options?**

- a) Pre-prepared recipes
- b) Flexible meal options

**10) Do you want your app to include mental health guidance alongside physical health?**

- a) Yes, absolutely
- b) Yes, but only occasionally
- c) No

**11) Do you prefer workout routines that:**

- a) Focus on specific body parts
- b) Provide a full-body workout
- c) Alternate between both

**12) How would you like feedback on your progress?**

- a) Detailed reports and analytics
- b) Encouraging messages
- c) Both